

INGREDIENTS

	Control		WPC 80		Whey Permeate	
	Grams	Usage Level (%)	Grams	Usage Level (%)	Grams	Usage Level (%)
Sugar, white	230	21.63	230	22.77	-	-
Butter or shortening	225	20.89	225	22.28	225	23.27
Flour	225	20.89	225	22.28	225	23.27
Chocolate chips	225	20.89	225	22.28	225	23.27
Whey permeate*	-	-	-	-	120	12.41
Egg	112	10.40	-	-	112	11.58
Sugar, brown	55	5.11	55	5.45	55	5.69
Water	-	-	30	2.97	-	-
Whey protein concentrate, 80% protein (WPC 80)**	-	-	15	1.49	-	-
Baking soda	3	0.28	3	0.30	3	0.31
Salt	2	0.19	2	0.20	2	0.21
Total		100.00		100.00		100.00

**Because permeate is salty, it is advisable to reduce the salt content of the formula or to remove the salt altogether.

**Hydrate WPC 80 by mixing the powder with 1/4 of water and letting hydrate 15 minute; then add rest of water.

PREPARATION

- 1. Soften butter slightly in microwave (no need with shortening). Cream with sugars (whey permeate) and eggs (WPC 80). Add soda and salt.
- 2. Mix in flour in two batches, scraping sides of bowl thoroughly.
- 3. Add chocolate chips and mix very briefly.
- 4. Bake at 177°C (350°F) until just firm in the center.



NUTRITIONAL CONTENT

Per 100g	Control	WPC 80	Whey Permeate
Calories	490kcal	490kcal	450 kcal
Total Fat	27g	26g	31 g
Saturated Fat	16g	16g	19 g
Trans Fat	0.5g	0.5g	0.5 g
Cholesterol	100mg	50mg	115 mg
Total Carbohydrates	62g	62g	55 g
Dietary Fiber	2g	2g	2 g
Sugars	42g	42g	21 g
Protein	5g	5g	6 g
Calcium	26mg	34mg	29 mg
Magnesium	33mg	35mg	37 mg
Phosphorus	61mg	65mg	70 mg
Potassium	125mg	130mg	140 mg
Sodium	320mg	310mg	360 mg
Iron	2mg	2mg	2 mg
Vitamin A	648IU	589IU	735 IU
Vitamin C	Omg	0mg	0 mg

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